

## The Department of Parks and Recreation



### @ Farrington High School

Contact persons: Reid Tamashiro **692-5602** or Meghan McGurk **554-4858**

In-Motion is an innovative project funded by the Department of Health's Healthy Hawaii Initiative and Farrington High School. To improve the health of Hawaii's citizens, the project explores the possibility of collaborating with a high school to make their recreation facilities available to the general public. To accomplish this objective the Department of Parks and Recreation will be providing fun, physical activities at Farrington High School. All activities are FREE!

Register at the class.

### September 5-December 15, 2006

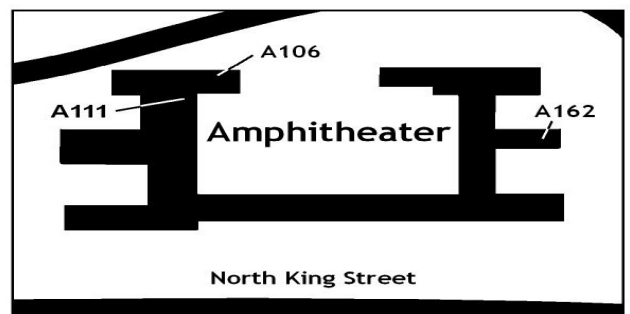
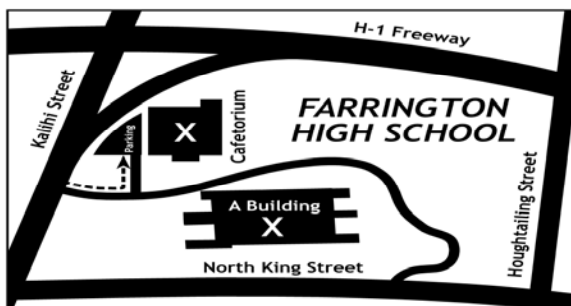
Schedule of classes

#### Teens

Circuit training	M, W, T, Th	3:15 – 5:15 PM 2:30 – 4:30 PM	Cafeteria Cafeteria
Hip Hop	T, Th	2:10 – 3:10 PM	A106

#### Adults

Basic Body Fitness	M, F	5:30 – 6:30 PM	Cafeteria
Exercise for Educators	M, W	3:15 – 4:15 PM	A106
Salsa --9/6-10/25	W	5:30-6:15 PM	Cafeteria
Cha-cha-cha--9/6-10/25	W	6:15-7:00 PM	Cafeteria



## 2006 Fall Class Descriptions



### Class Descriptions

#### Teens

**Class:** Circuit training

**Days/Times:** M/W 3:15-3:45/3:45-4:15/4:15-4:45/4:45-5:15

T/Th 2:30-3:00/3:00-3:30/3:30-4:00/4:00-4:30

**Location:** Farrington High School Cafeteria

**Description:** Eight physical activities that will be done for 45 seconds each with a 15 second break in between. Here is a list of each exercise:

1. Step-ups + overhead press (dumbbells):
2. Chest press (resistance bands):
3. Squats (dumbbells)
4. Marching in place (dumbbells)
5. Overhead press (resistance bands)
6. Rows (resistance bands)
7. Curls (resistance bands)
8. Crunches

The circuit takes 16 minutes. A warm up activity comes before the circuit, while a cool down activity follows the circuit. Sessions are offered every 30 minutes. Two groups of eight can go at one time. Students can also come as a group and reserve days and times on a weekly sign-up sheet.

**Class:** Support Group

**Days/Times:** Thu; time TBA

**Location:** TBA

**Description:** A group of students interested in improving their health will receive a weekly exercise and nutrition plan. The group will meet once a week to exercise and discuss healthy recipes and other helpful tips. Periodically, the group will participate in special activities like a relay races, etc.

**Class:** Hip-hop

**Days/Times:** T/Th 2-4

**Location:** Farrington High School, Room A106

**Description:** Students will learn hip-hop routines to perform on a regular basis.

## Adults

**Class:** Exercise for Educators

**Days/Times:** M/W 3:15-4:15

**Location:** Farrington High School, Room A106

**Description:** Join other teachers from Kalihi schools in a routine using light weights and resistance bands for a total body workout. Ideal for people who don't exercise regularly.

**Class:** Basic Body Fitness

**Days/Times:** M/F 5:30-6:30

**Location:** Farrington High School Cafeteria

**Description:** Using resistance bands and light weights, participants will engage in easy movements and exercises that use the major muscles. Participants begin with a warm-up and end with a cool down stretch. Ideal for people who don't exercise regularly.

**Class:** Salsa/Cha-cha-cha and Swing/Lindy Hop

**Days/Times:** W 5:30-6:15 (Salsa); 6:15-7:00 (Cha-cha-cha) September 6-October 27

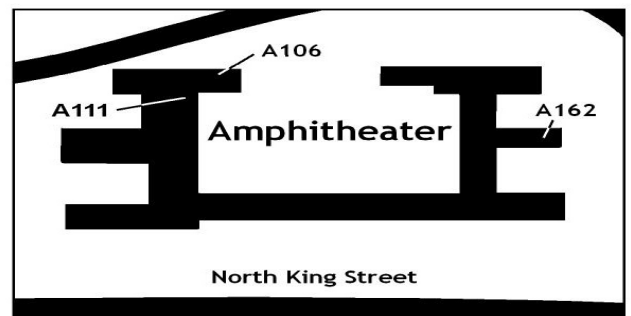
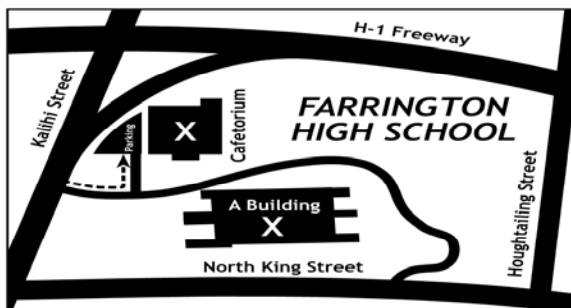
W 5:30-6:15 (Beg Swing); 6:15-7:00 (Lindy Hop) Nov 1-December 15

**Location:** Farrington High School Cafeteria

**Description:** Participants will learn these fun dances in a casual and fun atmosphere. Come with others or alone. No partners necessary.

To register, participants should come to the class and fill out a Parks and Recreation form. All classes are FREE.

Call Reid Tamashiro at **692-5602** or Meghan McGurk at **554-4858** for more information.



## Pictures of Previous Classes



Hip Hop dancing for teens



Salsa dancing for Adults



Basic Body Fitness for Adults



Swing Dance for Adults